

RAKUEN TRANSLATIONS

STATUS: ONGOING
TYPE: WEBCOMIC
URASUNDAY

1 Danberu nan kiro moteru?

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2016



URA SUNDAY
COMICS
SANDROVICH YABAKO
& MAAM PRESENTS

TRANSLATOR: /A/NONYMOUS TYPESETTER: PAP041 CLEANER: PAP041
PROOFREADER: /A/NONYMOUS RAWS: /A/NONYMOUS REDRAWER: PAP041

WE ARE LOOKING TRANSLATORS FOR:

DEAR SUCCUBUS SISTER



NIDOME NO JINSEI
WO ISEKAI DE



ADDICTED TO CURRY



JINROUKI WINVURGA



SEIREI GENSOUKI



MUSUKO GA KAWAIKUTE
SHIKATAGANAI MAZOKU



RAKUEN TRANSLATIONS

IF YOU'RE INTERESTED
ON HELPING US,
WRITE US ON OUR
FACEBOOK PAGE OR
CONTACT US AT OUR
BATOTO ACCOUNT:
PAPO41.



We're also recruiting
typesetters and redrawers.



ペン 持ち？ ペル 何 き。

Zina Void
168cm / 59kg
B83
W60
H85





AFTER SCHOOL



Блядь







NOW
I GET IT...
THIS IS THE
SECRET TO
HIBIKI'S
STRENGTH.



IS
PRO-
TEIN.



ONE OF
THOSE,



SHE'S BUIL-
DING HER
MUSCLES,
BUT SHE
NEEDS THE
ESSENTIAL
NUTRIENTS.

*Zina's
personal
opinion.

THAT IS,
BEEF.



AND HER
ANIMAL
NATURE*
PRIMARYLY
LIVES OFF
OF PRO-
TEIN...

.....!
GOTTA
LOOK FOR
A JOB,
TOO.



YOU ALSO
GET PAID,
SO THAT'S
TWO BIRDS
WITH ONE
STONE...



A YAKINIKU
PLACE IS
THE PRIME
ENVIRON-
MENT TO
OPTIMIZE
HER INTAKE
OF MEAT...



EVERYONE
LOVES HIGH
CALORIE,
HIGH PRO-
TEIN BEEF!

IT'S AN
INGREDIENT
THAT A
TRAINEE
CANNOT FAIL
TO MISS
WHEN BODY-
BUILDING.

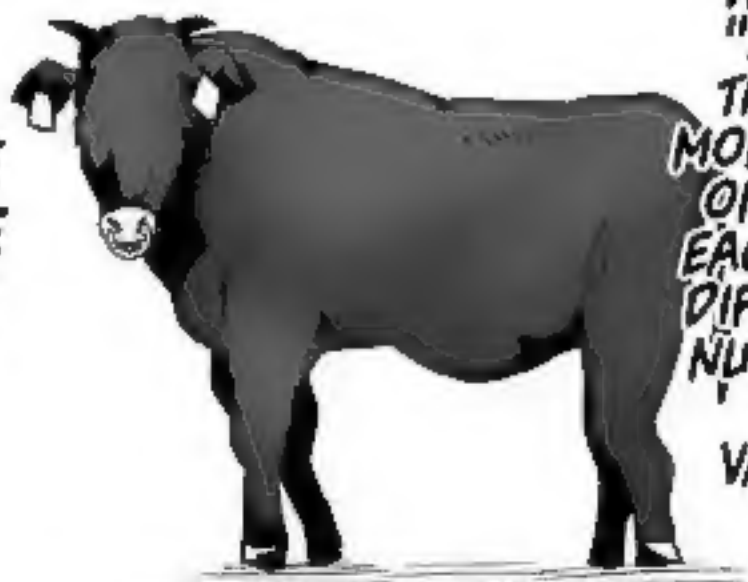


!!!



B
E
E
F

SO NOW,
WE'LL
INTRODUCE
YOU TO THE
DIFFERENT
PARTS OF
THE COW.



WHEN
WE SAY
"BEEF,"
THERE'S
MORE THAN
ONE CUT,
EACH WITH
DIFFERENT
NUTRITIO-
NAL
VALUES.

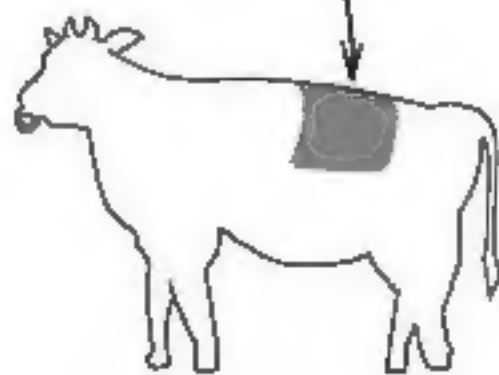
STOP!!



BUT
WAIT A
MINUTE!

THAT'S 500 KCAL
FOR AROUND 100
GRAMS. THERE ISN'T
MUCH PROTEIN IN
THERE, BUT THERE'S
A LOT OF FAT. THIS
IS THE PART PEOPLE
ARE ACQUAINTED
WITH VIA STEAKS.

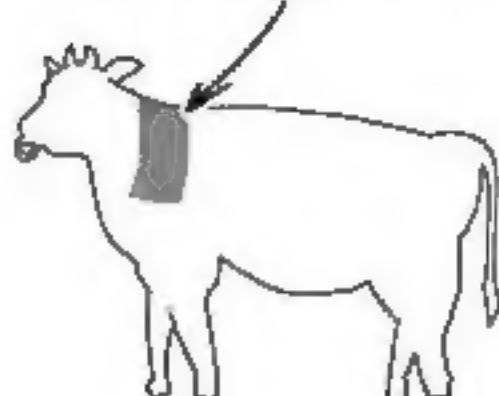
Around here



SIRLOIN

THAT'S 250
CALORIES FOR
AROUND 100
GRAMS.
THERE'S A LOT
OF ZINC WHICH
STIMULATES THE
METABOLISM.

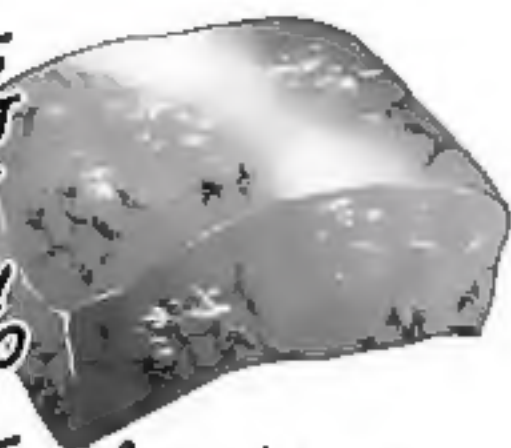
Around here



SHOULDER
ROAST

NT: KOREAN FOR RIB, IN THIS CASE,
"PLATE" OF THE COW

LIVER IS
THE BEST
TO PRE-
VENT
ANEMIA!
IT'S ALSO
LOW IN
CALORIES.



Around here



LIVER

Approx.
130kcal/100g

THE PART
OUTSIDE
THE RIBS IS
FULL OF
NUTRIENTS,
BUT IT'S
ALSO HIGH
IN FAT AND
CALORIES.



Around here



GALBI

Approx.
520kcal/100g

THE PART
WITH A
LOT OF
PROTEIN
AND FEW
CALORIES.

Around here



**SHORT
LOIN**

Approx.
220kcal/100g

WE
RECOMMEND
YOU TAILOR
YOUR CHOICES
DEPENDING
ON YOUR
GOALS.



AND SO THERE
ARE HUGE
DIFFERENCES
IN NUTRIENTS
AND CALORIES
DEPENDING
ON THE
DIFFERENT
CUTS.



IF YOU WANT
TO DIET, YOU
CAN DECREASE
YOUR CALORIE
INTAKE IF YOU
CHOOSE IM-
PORTED BEEF.

Imported Sirloin



Around 300 kcal

CALORIES



Japanese Sirloin



Around 500 kcal

ALSO,
DESPITE BEING
THE SAME CUT,
JAPANESE BEEF
TENDS TO HAVE
MORE CALO-
RIES THAN
IMPORTED
BEEF.

MACHIO
NARU-
ZOU

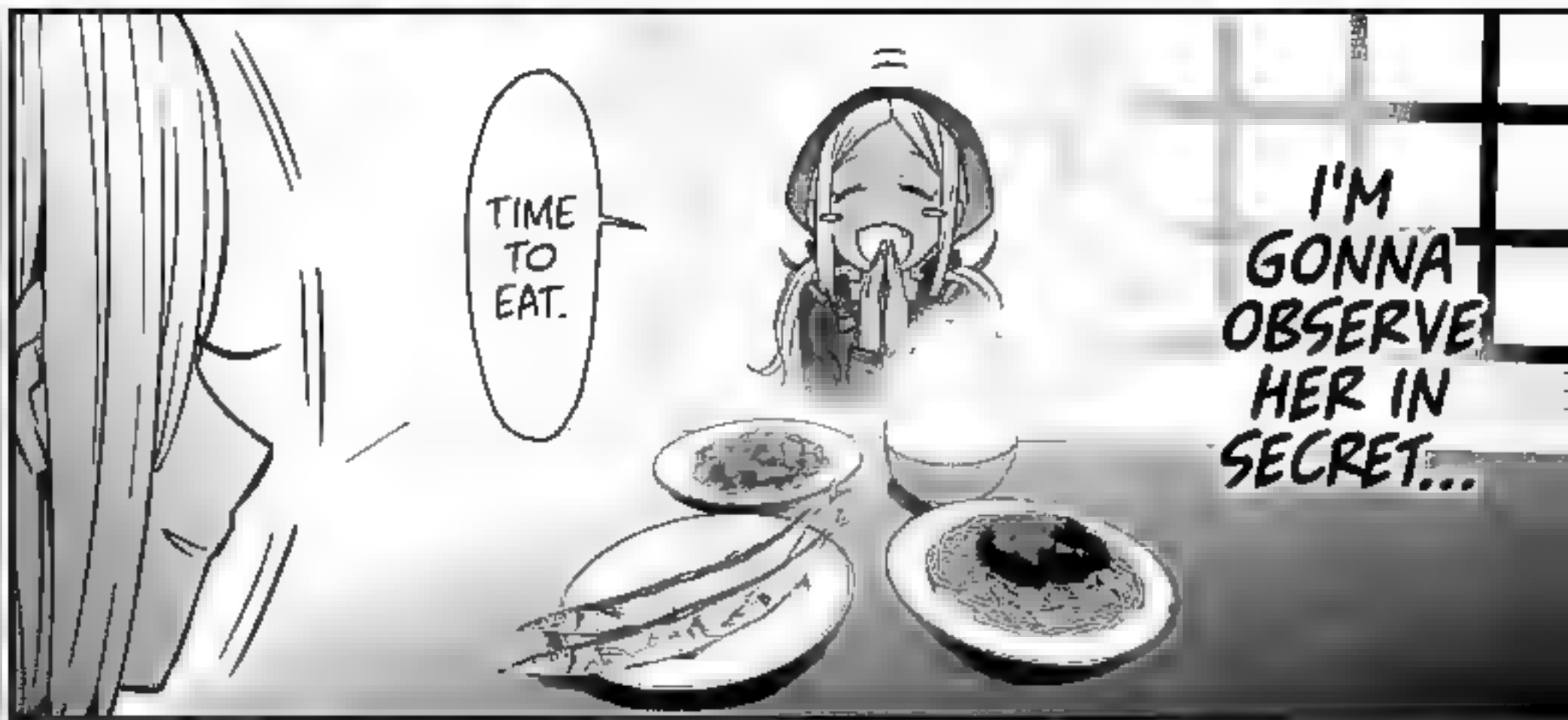
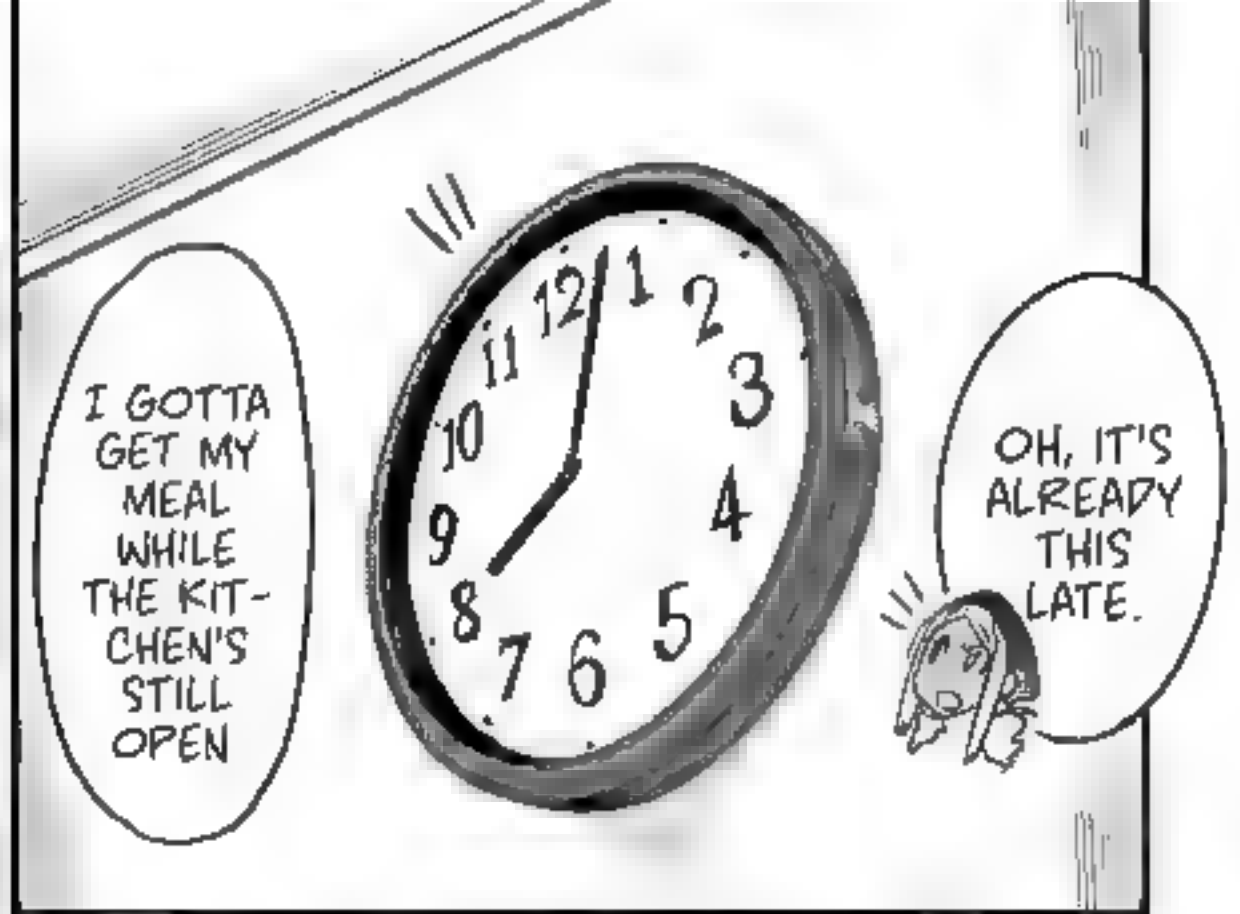
IT'S
IMPOSSIBLE
TO BUILD A
GOOD BODY
THROUGH
TRAINING
ALONE.

MAKE
SURE TO
WATCH
YOUR
FOOD
INTAKE
AS WELL!

TACHI-
BANA
SATOMI

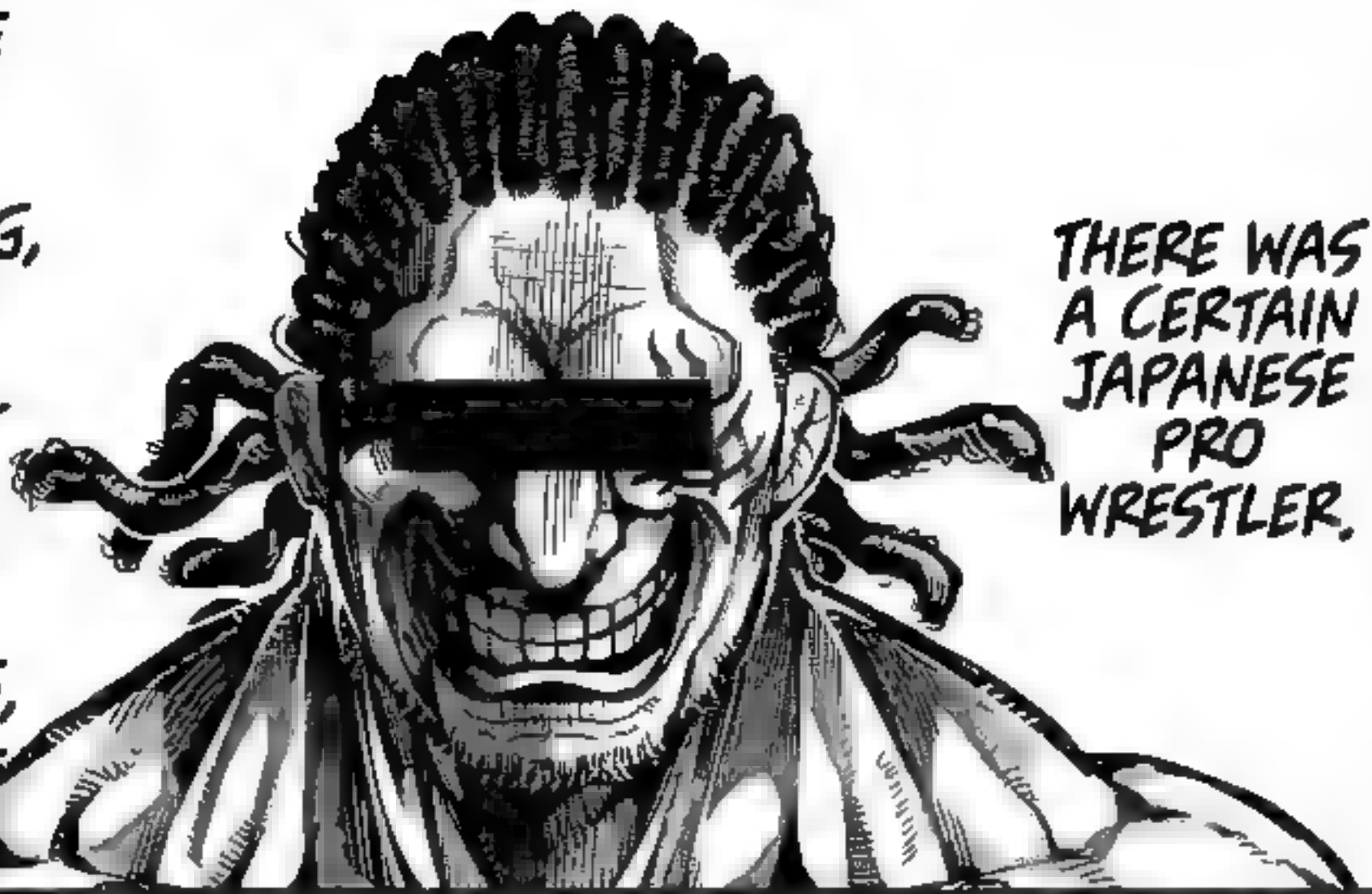
**THE PEOPLE
WHO HAVEN'T
SHOWN UP
RECENTLY
GOT INSER-
TED IN AT
THE LAST
MINUTE!!!!**





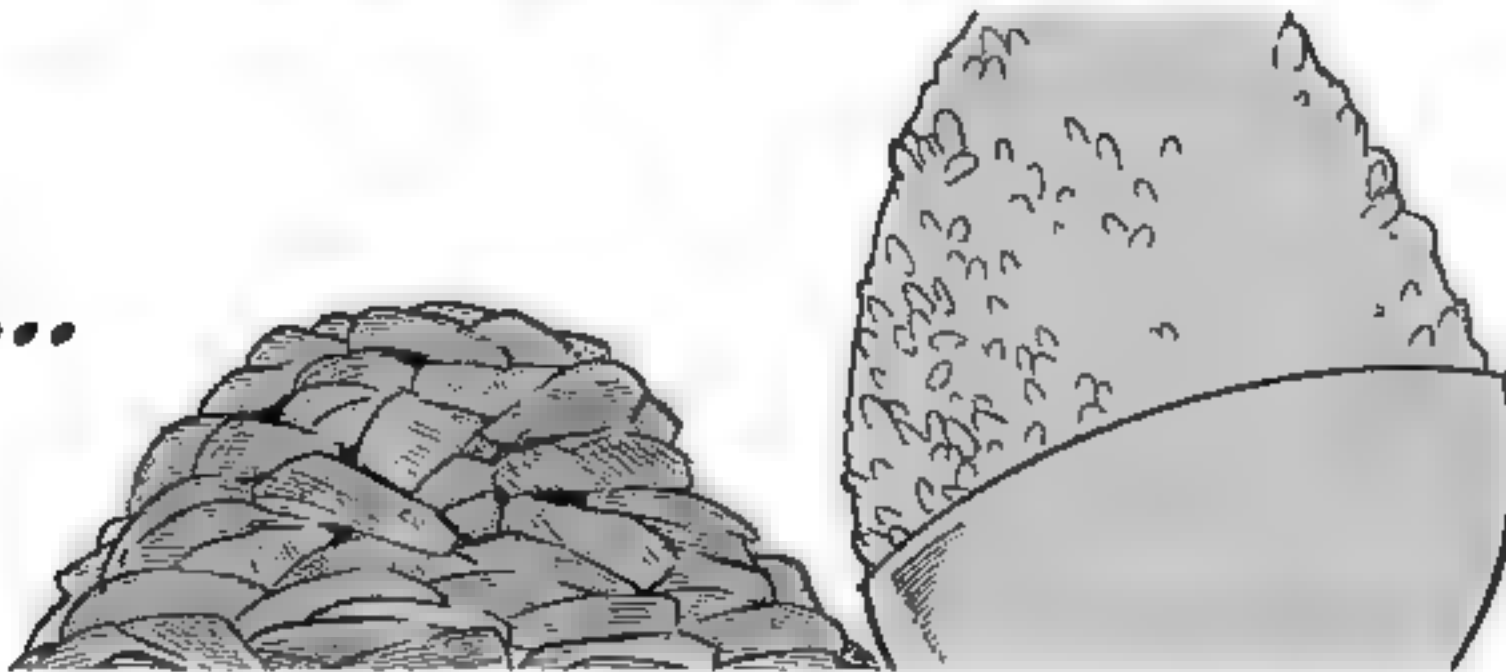
WHEN HE
FIRST
BEGAN
WRESTLING,
HE SAID
THE
HARDEST
THING
FOR HIM
WASN'T
TRAINING,
OR INJU-
RIES,

THERE WAS
A CERTAIN
JAPANESE
PRO
WRESTLER.



SO...

"IT WAS
EATING"



HE WAS
FORCED TO
EAT BEYOND
HIS LIMIT
WHILE
FEELING
NAUSEATED
FROM
FATIGUE TO
BUILD HIS
BODY.

HIS
ONLY
REST
WAS IN
MEAL-
TIME.



HE WOULD
TRAIN
INTENSELY
EVERYDAY
FROM
DAWN TO
DUSK.



HE'D TURN
IT INTO
LIQUID
THROUGH
A BLEN-
DER AND
FORCE IT
DOWN HIS
THROAT...

EVEN
WHEN HE
COULDN'T
EAT ANY
LONGER,





THIS IS THE
SECRET TO
SAKURA
HIBIKI'S
STRENGTH.....!

SHE'S
PRACTICING A
DIET THAT
PUTS EVEN A
MUSCULAR
WRESTLER
IN PAIN...!



NOW I
WANT TO
BEAT YOU
EVEN
MORE,
HIBIKI!

.....BUT OF
COURSE,
YOUR
EXTREME
EFFORTS
TO GET EVEN
STRONGER
EVERY
SINGLE DAY.....

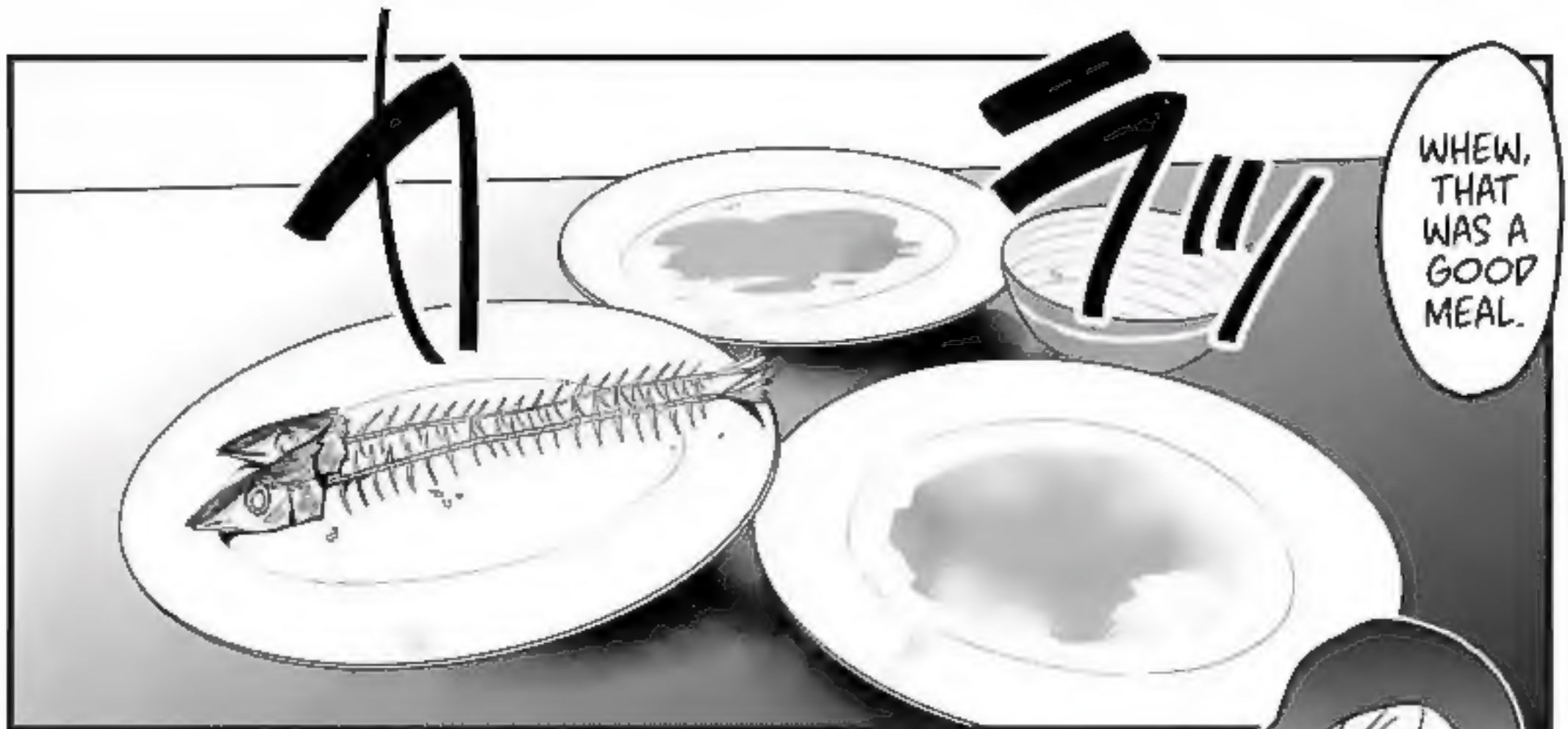


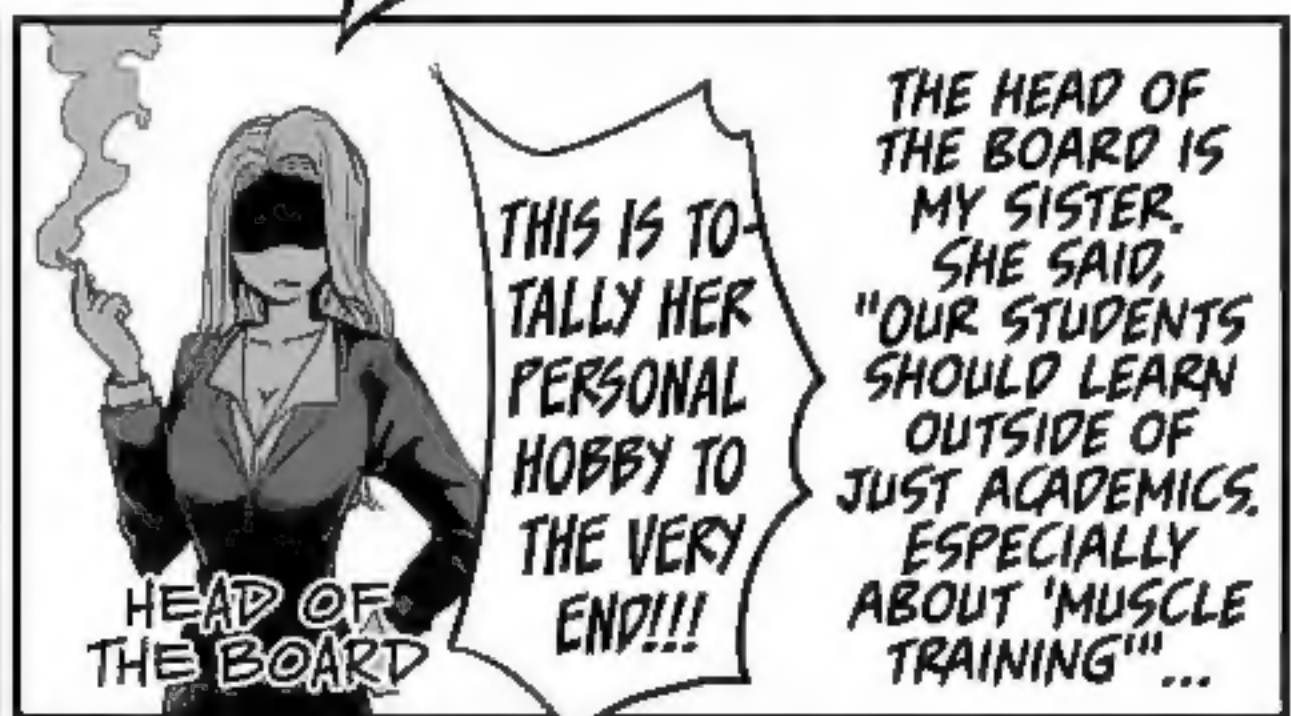
SHE
JUST
LOVES
EATING
A LOT.

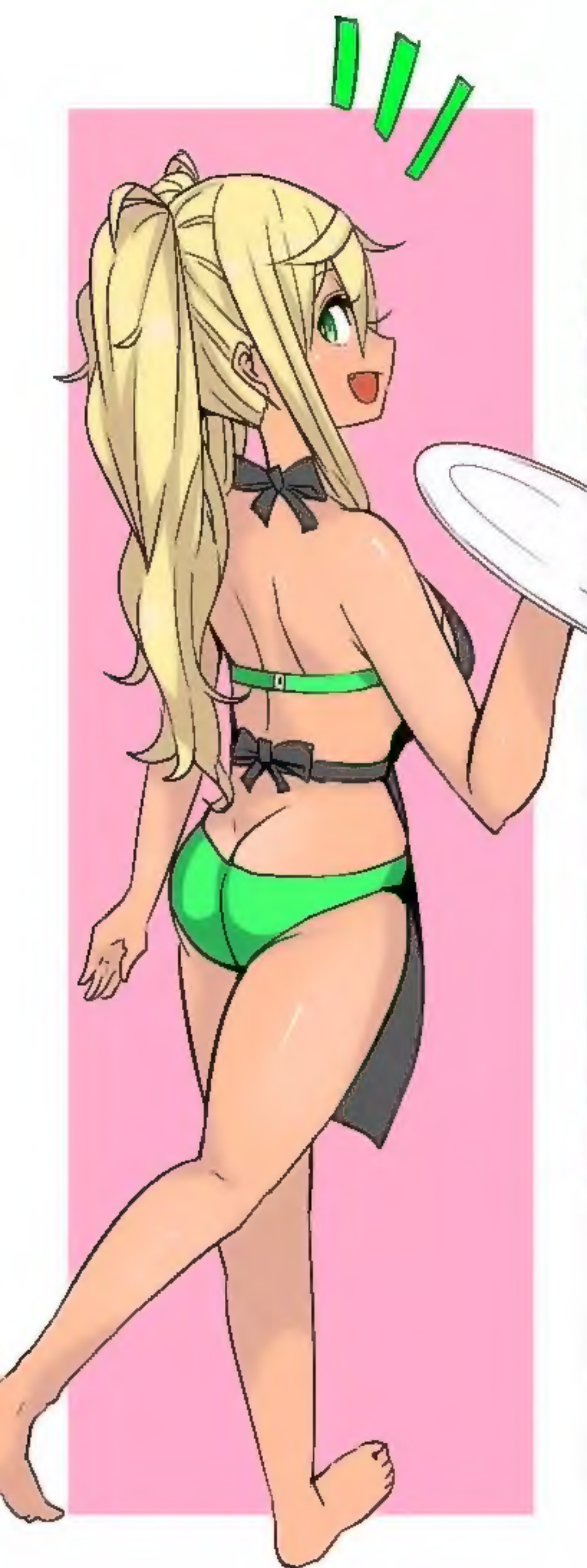
*See
chap-
ter 7.

TODAY'S MY
CHEAT DAY,
SO IT'S
FINE, IT'S
FINE.

UHHHH,
YOU'RE
OVEREATING
AGAIN.







SAME SORT

